

DAILY FOOD GUIDE SCREENING TOOL

CHILD 1-5

Recommended
Minimum # of
Servings for Ages
1-3 4-5

DAIRY PRODUCTS ½c milk (whole, 2%*, skim*) ½c yogurt 3 TB powdered milk* ¼c canned evaporated milk* *Delay use of lowfat products until child is 2 years of age				¾oz natural cheese 1 oz processed cheese ¾c ice cream/frozen yogurt ½c buttermilk ¾c cottage cheese		6	6
MEAT/MEAT ALTERNATIVES ¼c tuna salad 1 hot dog**/2 slices lunch meat 1 oz cooked meat, fish, poultry, game (½small hamburger, ½chicken leg, ½lean chop, 1 slice meat) 1 egg				2 TB nuts** 4 TB seeds (sunflower, sesame, pumpkin)** ½c cooked beans, lentils, dried peas 2 TB peanut butter ½c tofu		2	3
BREAD AND CEREAL ½slice bread ½tortilla (6") ¼English muffin, bagel ½roll, muffin				¼c cooked hot cereal ¼c rice, noodles, pasta ¾c popped corn** ¼hot dog/hamburger bun		6	8
FRUITS AND VEGETABLES <i>Recommended daily servings include 1 serving from the Vitamin A group and 1 serving from the Vitamin C group. 1 serving equals ½c raw leafy, ¼c chopped raw, cooked, or canned, ½medium, ½c juice, or ½c dried.</i>						5	5
Vitamin A Fruits and Vegetables apricots broccoli cantaloupe (⅛) carrots				chili sauce (red) collards kale mango (¼) papaya pepper (½c red) pumpkin		1	1
Vitamin C Fruits and Vegetables broccoli Brussels sprouts cantaloupe (⅛) chili sauce (green)				grapefruit orange orange/grapefruit juice papaya (¼) pepper (¼c raw green or red) strawberries (¼c) vitamin C enriched juices		1	1
Other Fruits and Vegetables apple avocado bamboo shoots banana beets bok choy				cabbage cauliflower celery corn** cucumber grapes** grape juice green beans lettuce mushrooms onion peach pear peas pineapple potato potato, fried raisins/dried fruits sprouts tangerine tomato turnips watermelon zucchini		Count in Total Daily Servings	
OTHER FOODS AND BEVERAGES soft drinks fruit drinks Kool-Aid coffee/tea				chips/pretzels** cookies/cakes pies/pastries/donuts sugar candy** jam/jelly butter/margarine oil salad dressing mayonnaise gravy sour cream sausage bacon pickles		No Minimum Recommendation. Provides Minimal Nutrition High in Fat & Calories (count as other foods)	

**These foods are not recommended for children under age 3 because they may cause choking. Care must be taken with any food. Cutting foods into small pieces will help children chew and swallow foods more easily.